Diamond PC23

ONIDA Service

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For INDIA
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Prefix State Capital STD Code

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ONIDA Cook™

DESIGNED WITH YOU IN MIND

MIRC Electronics Ltd.,
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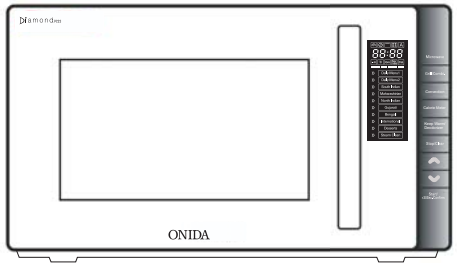
USER MANUAL

Diamond PC23



66 Indian Easy-Recipes with Calorie Display

Including North Indian ,South Indian ,Bengali,Gujarati Maharashtrian & International Menus, Desserts & Much more .

&

Mobile Enabled Recipes

ONIDA

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Help us to serve you better.

Please fill out the Warranty Registration form

& hand it over to our Representative at the

ONIDA Customer Service Centre.

This will go a long way in helping us serve

your needs.

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Read the User Manual carefully before installing and operating the microwave oven.

Record in the space below the SERIAL NO. found on the name plate of your Microwave Oven & retain this information for future reference.

Salient features of Diamond PC23

1. **23 L Convection with Wine Red Finish**
2. **66 Indian Easy-Recipes with Calorie Display**
   Including North Indian ,South Indian ,Bengali ,
   Gujarati ,Maharashtrian & International menus ,
   Desserts & much More.
3. **Mobile Enabled Recipes**
4. **Steam Clean**
5. Keep Warm
6. Deodorizer
7. Auto Defrost by Wt.
8. 4 Combi settings
9. 10 Baking Temperatures
10. 800 Watts Microwave power
11. 1200 Watts Grill power + 1200 W Convection power
12. Flat Button Controls
13. Stainless steel cavity
14. Express Cooking
15. Child Lock

Accessories :-

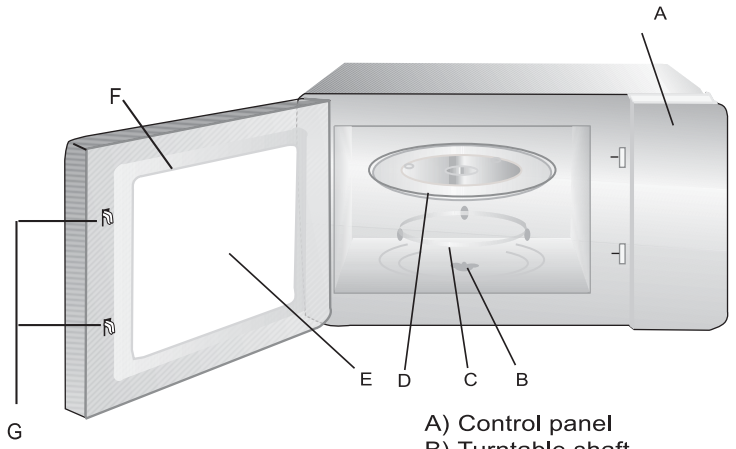
- Grill Stand
- Turntable

INSIDE MICROWAVE OVEN

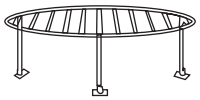
NAMES OF OVEN PARTS AND ACCESSORIES

Remove the oven and all materials from the carton. Your oven comes with the following accessories:

a. Glass tray	1
b. Turntable ring assembly	1
c. Grill Stand	1
d. Instruction Manual	1



A) Control panel
B) Turntable shaft
C) Turntable ring assembly
D) Glass tray
E) Observation window
F) Door assembly
G) Safety interlock system
Shuts off oven power if the door is opened during operation.
H) Gril stand



H.Grill Stand

INSTALLATION OF MICROWAVE OVEN

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

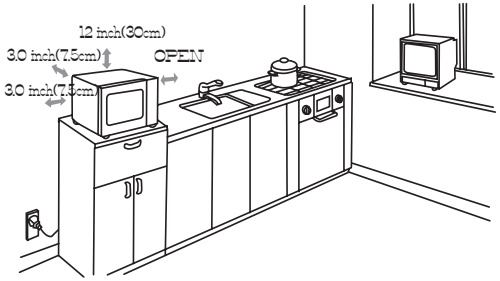
Countertop

Do not remove the Light brown Mica cover that is attached to the oven cavity to protect the magnetron.

Installation

1.Select a level surface that provides enough open space for the intake and/or Outlet vents.

A minimum clearance of 3.0 inch (7.5 cm) is required between the oven and any adjacent wall. One side must be open.



(1) Leave a minimum clearance of 12 inch (30cm) above the oven.

(2) Do not remove the legs from the bottom of the oven.

(3) Blocking the intake and/or outlet openings can damage the oven

(4) Place the oven as far away from radios and TV as possible. Operation of microwave oven may cause interference to your radio or TV reception.

2. Plug your oven into a standard household outlet. Be sure the voltage and the frequency is the same as the voltage and the frequency on the rating label.

TURNTABLE INSTALLATION

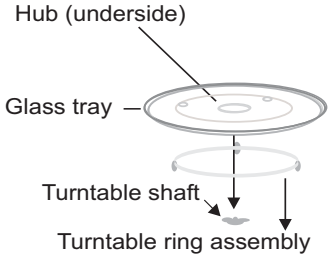
a. Never place the glass tray upside down. The glass tray should never be restricted.

b. Both glass tray and turntable ring assembly must always be used during cooking.

c. All food and containers of food should be always placed on the glass tray for cooking.

d. The glass tray rotates clockwise; this is normal.

e. If glass tray or turntable ring assembly cracks or breaks,contact your nearest authorized service Centre.



The accessible surface may be hot during operation.

IMPORTANT SAFETY INSTRUCTIONS

WARNING

To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, follow basic precautions, including the following:

1. **Warning**: Liquids and other foods must not be heated in sealed containers since they are liable to explode.
2. **Warning**: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
3. **Warning**: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understand the hazards of improper use.
4. **Warning**: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated. (only for grill series)
5. Only use utensils suitable for use in microwave ovens.
6. The oven should be cleaned regularly and any food deposits should be removed.
7. Read and follow the specific:"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY".
8. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
9. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
10. Do not overcook food.
11. Do not use the oven cavity for storage purposes. Do not store items, such as bread, cookies, etc. inside the oven.
12. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
13. Install or locate this oven only in accordance with the installation instructions provided.
14. Eggs in the shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
15. Use this appliance only for its intended uses as described in manual. Do not use corrosive chemicals or vapors in this appliance.This oven is especially designed to heat. It is not designed for industrial or laboratory use.
16. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
17. Do not store or use this appliance outdoors.
18. Do not use this oven near water, in a wet basement or near a swimming pool.
19. The temperature of accessible surfaces may be high when the appliance is operating. The surfaces are liable to get hot during use. Keep cord away from heated surface, and do not cover any events on the oven.
20. Do not let cord hang over edge of table or counter.
21. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
22. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

23. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
24. The appliance is not intended for use by persons (including children) with reduced physical , sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
25. Children should be supervised to ensure that they do not play with the appliance.
26. The microwave oven shall not be placed in a cabinet unless it has been tested in a cabinet.
27. The appliances are not intended to be operated by means of an external timer or separate remote-control system.
28. **WARNING**: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
29. Accessible parts may become hot during use. Young children should be kept away. Steam cleaner is not to be used.
30. Surface of a storage drawer can get hot.
31. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
32. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
33. Only use the temperature probe recommended for this oven.(for ovens provided with a facility to use a temperature-sensing probe.)
34. The rear surface of appliance shall be placed against a wall.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

ADDENDUM

If the apparatus is not maintained in a good state of cleanliness, its surface could be degraded and affect the lifespan of the apparatus and lead to a dangerous situation.

MATERIAL YOU CAN USE IN MICROWAVE OVEN

Materials you can use in microwave oven

Utensils	Remarks
Aluminum foil	Shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5cm) away from oven walls.
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short–term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

CAUTION

Personal Injury Hazard

It is hazardous for anyone other than a compentent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

MATERIALS TO BE AVOIDED IN MICROWAVE OVEN

Utensils	Remarks
Aluminum tray	: May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	: May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed Utensils	: Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	: May cause arcing and could cause a fire in the oven.
Paper bags	: May cause a fire in the oven.
Plastic Foam	: Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	: Wood will dry out when used in the microwave oven and may spilt or crack.

Cookware / UTENSILS	Microwave	Grill	Convection	Combination*
Heat Resistant Glass	Yes	Yes	Yes	Yes
Non Heat Resistant Glass	No	No	No	No
Heat Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil Container	No	Yes	Yes	No

Utensil Test , if any doubt :-

You can test the utensil in question following the procedure below:

1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the utensil in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.

CAUTION

Personal Injury Hazard: Tightly-closed utensils could explode. Closed containers are opened and plastic pouches pierced before cooking.

* Combination: applicable for both “microwave+grill”, and “microwave+connection” cooking.

Control Panel

Microwave
Press to select Micro power levels .

Grill / Combi
Press to select Grill or Combination settings

Convection
Press to enter Convection mode

Calorie Meter
Press to view the Calorie Value of the Food Cooked in Auto Menu Mode

Keep Warm / Deodorizer
Press once to Keep Warm .
Press twice to Deodorize .

Stop / Clear
Press to cancel setting or reset the oven before Setting the cooking program
Press once to Temporarily stop cooking , or twice to cancel cooking altogether.
It is also used for setting child lock.

Time / weight / Auto Menu
Press to set cooking time, or weight of the food inside the oven.
Press in Stand by mode to select Auto Menus.

Start / +30Sec / Confirm
Press to confirm the cooking program.
Press to start the cooking program.
Press to set quick cook function.

Operating Procedure

This microwave oven uses modern electronic control to adjust cooking parameters to meet your needs better for cooking.

1. Microwave Cooking

1) Press the "**MICROWAVE** " key once, and "P100" display.

2) Press "**MICROWAVE**" for times or press " ⋁ " or"⋀ " to select the microwave power from 100% to 10%. "P100", "P80", "P50", "P30", "P10" will display in order.

3) Press "**START/+30SEC./CONFIRM** " to confirm.

4) Press "⋁"or "⋀" to adjust the cooking time. (The time setting should be 0:05- 95:00.)

5) Press " **START/+30SEC./CONFIRM** " to start cooking.

NOTE: the step quantities for the adjustment time of pressing " ⋁" or "⋀ " are as follow:

0---1 min : 5 seconds
1---5 min : 10 seconds
5---10 min : 30 seconds
10---30 min : 1 minute
30---95 min : 5 minutes

Microwave Power Chart

Press	Once	Twice	Thrice	4 times	5 times
Microwave Power	100%	80%	50%	30%	10%

2. Grill Cooking

1) Press the "**GRILL/COMBI.** " key once, and "G-1" display.

2) Press "**GRILL/COMBI.**" for times or press " ⋁ " or " ⋀ " to select the grill power. Stop pressing when "G-1" displays.

3) Press "**START/+30SEC./CONFIRM** " to confirm.

4) Press " ⋁" or " ⋀to adjust the cooking time. (The time setting should be 0:05- 95:00.)

5) Press " **START/+30SEC./CONFIRM** " to start cooking.

Note: If half the grill time passes, the oven sounds twice to tell you to turn the food over. You can just leave it continue working. But in order to have a better effect of grilling food, you should turn the food over, close the door, and then press "**START/+30SEC./CONFIRM**" to continue cooking. If no operation, the oven will work automatically.

3. Combination Cooking

1) Press the "**GRILL/COMBI.** " key once, and "G-1" display.

2) Press "**GRILL/COMBI.**" for times or press " ⋁ " or " ⋀" to select the grill power.

Select from "C-1","C-2","C-3" or "C-4" displays.

Note: When "C-1" is selected, you can press " ⋁ " or " ⋀" to select 200,110,140,180 degrees. Then press "START/+30SEC./CONFIRM "to confirm the temperature.

3) Press "**START/+30SEC./CONFIRM** " to confirm.

4)Turn " " to adjust the cooking time. (The time setting should be 0:05- 95:00.)

5) Press " **START/+30SEC./CONFIRM** " to start cooking.

Note: Combination instructions

Instructions	Display	Microwave	Grill	Convection
1	C-1	●		●
2	C-2	●	● 50%	
3	C-3	●	● 70%	
4	C-4	●	●	●

4. Convection Cooking(With preheating funtion)

The convection cooking can let you to cook the food as a traditional oven. Microwave is not used. It is recommended that you should preheat the oven to the appropriate temperature before placing the food in the oven.

1) Press the "**CONVECTION** " key once, "110" flash.

2) Keep pressing "**CONVECTION**" or press " ⋁ " or " ⋀" to select the convection function. Note:the temperature can be chosen from 110 degrees to 200 degrees.

3) Press the " **START/+30SEC./CONFIRM** " to confirm the temperature.

4) Press the " **START/+30SEC./CONFIRM** " to start preheating.When the preheating temperature arrives, the buzzer will sound twice to remind you to put the food into the oven. And the preheated temperature is displayed and flash.

5) Put the food into the oven and close the door. Press "⋁" or " ⋀" to adjust the cooking time. (The maximum setting time is 95 minutes.)

6) Press the " **START/+30SEC./CONFIRM** " key to start cooking.

Note: a. Cooking time cannot be input until the preheating temperature arrives.
If the temperature arrives, door must be opened to input the cooking time.
b. If the time not input in 5 minutes, the oven will stop preheating. The buzzer sound five times and turn back to waiting states.

5. Convection Cooking(Without pre-heating function)

1) Press the "**CONVECTION** " key once, "110" flash.
2) Keep pressing "**CONVECTION**" or press " ∨ " or " ∧ " to select the convection function. Note:the temperature can be chosen from 110 degrees to 200 degrees.
3) Press the " **START/+30SEC./CONFIRM** " to confirm the temperature
4) Press " ∨ " or " ∧ " to adjust the cooking time. (The maximum setting time is 95 minutes.)
5) Press the " **START/+30SEC./CONFIRM** " key to start cooking.

6. Speedy Cooking

1) In waiting state, press "**START/+30SEC./CONFIRM**" key to cook with 100% power level for 30 seconds. Each press on the same key can increase 30 seconds. The maximum cooking time is 95 minutes.
2) During microwave,grill,convection and combination states, press "**START/+30SEC./CONFIRM**" key to increase time.
Each press on the same key can increase 30 seconds.
Note: this function cannot work under Defrost, Auto menu cooking.

7. Auto Menu

1) In waiting state, press " ∨ " or " ∧ " to choose the Auto Menu wanted, and "A01","A2","A3"...."A66" will be displayed.
2) Press "**START/ +30 SEC./CONFIRM**" to confirm the menu you need.
3) press "∨" or " ∧ " to choose the weight of menu,and "gm" / Serves indicator will light.
4) Press "**START/ +30 SEC./CONFIRM**" to start cooking.

Note : In Auto Menu A-06 , A-07 , A- 12 , A-13 , Oven shall give Beeps after half time , To Remind the customer to Turn over the food upside down for better cooking .

8. Keep Warm Function

This mode is usefull to keep freshly prepared food , Warm for longer time .
1) Press "**Keep Warm/Deodorize**" once, "50" degree flash.
2) Press "**START/+30SEC./CONFIRM**" to start keeping warm.Time counts down.
Buzzer beeps three times every 15 minutes. The maximum time is 2 hours.

9. Deodorize Function

Deodorize function help you to Remove the foul odors from the oven
1) Press "**Keep Warm/Deodorize**" twice, "5:00" displays.
2) Press "**START/+30SEC./CONFIRM**" to start working.Time counts down.
Note:
a. During deodorizing process, keep pressing " **Keep Warm/Deodorize** " to increase the time. Each added pressing, one minute can be increased.
b. The maximum time is 60 minutes.

10. Calorie Meter

1) During auto menu cooking process, press "**Calorie Meter**" once, the menu code will Displayed for 3 seconds. Then turn back to cooking time.
2) During auto menu cooking process, press " **Calorie Meter** "twice, the Corresponding Calories of the food will be displayed for 3 seconds. Then turn back to the previous display.

11. Lock Function for Children

Lock: In waiting state, press "**STOP/CLEAR**" for 3 seconds, there will be a long "beep" denoting entering into the children-lock state and " " indicator will light.
LED will display 0:00.
Un - Lock : In locked state, press "**STOP/CLEAR**" for 3 seconds, there will be a long "beep" denoting that the lock is released, and " " indicator will disapear.

12. Special Specifications

1) The maximum cooking time of "Microwave","Grill", "Convection" and "Combi" is 95 minutes.
2) When the door is open, the lamp will light. If it keeps opening in 10 minutes, the lamp will be off and the display will change to waiting states .
3) When open the door in waiting states or during setting process, the initial display will stay the same.It can change and set too. But the " **START/+30SEC./CONFIRM**" key will not work.
4) Close the door, the lamp will be off. The setting can be changed. And the " **START/+30SEC./CONFIRM**" key can work too.
5) This oven has special Cooling Function inbuilt for longer life of product .

66 AUTO MENU CHART

DISPLAY	DAILY MENUS I	WT./QTY/SERVES	CALORIES
A01	Tea / Coffee	1 Cup	64
		2 Cup	128
		3 Cup	192
A02	Popcorn	100gm	64
A03	Idli / Dhokla	8 Pcs	320
A04	Bhindi Masala	250gm	320
		500gm	480
A05	Veg. Pulao	200gm	880
A06	Veggi Pizza	1 No	1,000
A07	Grilled Chicken Pieces	500gm	1,100
A08	Gajar Halwa	500gm	2,250
Display	**DAILY MENUS II**	**QTY / WT.**	**CALORIES**
A09	BOILED POTATO	200gm	128
		300 gm	192
A-10	STEAMED RICE	200 gm	670
A-11	AUTO DEFROST	100 gm	NA
		250 gm	
		500 gm	
		750 gm	
A-12	GRILLED SANDWICH	2	630
A-13	TANDOORI FISH	250gm	300
		500 gm	600
		750 gm	900
A-14	Fruit cake	1	3600
A- 15	Black Forest Cake	1	3500
A-16	Chocolate Cookies	1	3400
A-17	Custard Cookies	1	3500
DISPLAY	**SOUTH INDIAN**	**WT./QTY/SERVES**	**CALORIES**
A-18	Tomato Rice	150 gms	1,060
A-19	Pumpkin Sambar	4 serves	560
A-20	Vegetables with coconut curry	250 gms	693
		500 gms	1,038
A-21	Fish Curry	250 gms	360
		500 gms	720
A-22	Tomato Rasam	4 serves	200
A-23	Hyderabadi Chicken Masala	800 gms	1975
A-24	Avial	250 gms	640

DISPLAY	MAHARASHTRIAN	WT./QTY/SERVES	CALORIES
A-25	Veg Kolhapuri	250 gms	600
		500 gms	1,200
A-26	Coconut Rice	150 gms	1,800
A-27	Masala Rice	150 gms	1,440
A-28	Stuffed Capsicum	250 gms	760
		500 gms	1,140
A-29	seviyan kheer	4 serves	2000
A-30	Rice Kheer	4 Serves	1,400
A-31	Upma	4 serves	1,160
DISPLAY	**NORTH INDIAN**	**WT./QTY/SERVES**	**CALORIES**
A-32	Khoya Matar	250 gms	1,420
A-33	Mutton Korma	500 gms	2,120
A-34	Veg Makhanwala	250 gms	880
		500 gms	1,320
A-35	Paneer Makhani	250 gms	1,600
A-36	Navratna korma	250 gms	1,820
A-37	Paneer Masala	250 gms	1,700
A-38	Sweet Kesari Rice	150 gms	1,240
DISPLAY	**GUJARATI**	**WT./QTY/SERVES**	**CALORIES**
A-39	Makai Ni Khichdi	250 gms	440
A-40	Gujarati Kadhi	4 serves	300
A-41	Khandvi	4 serves	784
A-42	Rawa Dhokla	12 Serves	828
DISPLAY	**BENGALI**	**WT./QTY/SERVES**	**CALORIES**
A-43	Mustard Chicken	250 gms	300
		500 gms	450
A-44	Prawn Malai Curry	250 gms	800
		500 gms	1,200
A-45	Bhapa Mach	250 gms	600
		500 gms	750
A-46	Chholar Dal	4 serves	1160
A-47	Pudina Fish	250 gms	400
		500 gms	600
A-48	Shukto	250 gms	600
A-49	Tomato chutney	250 gms	480
DISPLAY	**INTERNATIONAL**	**WT./QTY/SERVES**	**CALORIES**
A-50	Thai Red Curry	250 gms	400
A-51	Thai Green Curry	250 gms	640
A-52	Thai Cauliflower curry	250 gms	336
		500 gms	672
A-53	Thai Fish Curry	250 gms	1000
		500 gms	1230
A-54	Mexican Rice	150 gms	1060
A-55	Mexican Hot Chocolate	4 serves	600
A-56	Nachos	4 serves	1200
A-57	Mexican Spicy Corn	2 serves	640

DISPLAY	DESSERTS	Wt ./ Qty /Serves	CALORIES
A-58	Apple Pudding	4 serves	904
A-59	Fruit Custard Pudding	4 serves	780
A-60	Phirni	4 serves	900
A-61	Fruit Punch	4 serves	300
A-62	Payasam	4 serves	1100
A-63	Mix Fruit Pudding	4 serves	700
A-64	Orange Kheer	4 serves	940
A-65	Basundi	4serves	740
A-66	STEAM CLEAN		

NOTE : These Nutritional details are an estimate and should only be used as a guide for approximation.

SPECIAL FEATURES

1. Mobile Enabled Recipes

Now with this You can view the Auto menu Recipes on your MOBILE !!!
You just have to Download a small Mobile Software ,only ONCE .

1. From your GPRS Enabled ,GSM Mobile Just send an SMS , ONIDA to 57333
2. You shall recive a Link in reply sms .
3. Click on this link & Follow the steps as displayed .
4. With this a Small mobile software ,will be loaded on ur mobile .
5. Now you can view the recipes any time on your mobile!!!

2.Steam Cleaning

Use This feature to Clean the cavity regularly .

1. In a Microwave safe Flat bowl , Fill 200ml of water .
2. Add Vinegar /Lemon juice in water
3. Place in oven
4. Set Auto Menu A-66
5. When over , swipe the Cavity with soft & clean napkin .

3. Eco-Friendly Power Saving Mode

With SMPS Technology , This product Consume's 50% less Power in Standby mode.

66 Easy Menu Recipes

DAILY MENUS –I

A-01.TEA / COFFEE

Serve: 1-3
64 Cal / Cup

Auto setting for 1, 2 & 3 cups of tea / Coffee

A-02. POPCORN

64 Calories

Ingredients:
Dry corn 100 gms
Butter 1 tbsp
Salt to taste
Method:
1 In a microwave safe bowl {with lid}, add all mix ingredients and mix well.
2 Set the auto cook menu.
ACT II POPCORN packets can also be used .

A-03. IDLI / DHOKLA

Serves : 8
Calories : 320

1) Pour warm water into the 2.5 ltr bowl.
2) Pour batter into the idli plates given in the idli stand and keep inside the Bowl.
3) Set the auto cook Menu

A-04. BHINDI MASALA **Total Calories : 320 / 480**

Ingredients:
Bhindi Ladies fingers 250 gms or 500 gms
Chilli Powder 1 tbsp or to tasted
Grated fresh coconut ½ cup
Corianders Chopped 2 ½ tbsp
Dhania jeera powder 2 tbsp
Oil 1 tbsp
Sugar 2 tbsp
Salt To taste

Method:
1 In a microwave safe bowl, and all mix ingredients and mix well and sprinkle 1 tbsp
of water over them.
2 Set the auto cook menu.
3 Stir in between.

A-05. VEG. PULAO **Serves: 4**
Total Calori es: 880

Ingredients:
Rice 1 cup {150gms}
Mix veg: ½ cup {Carrots, beans, mutter}
Water 2 ½ cup
Dry fruits 4tbsp
Pulao Masala 2tbsp
Oil 3tbsp
Salt to taste.

Method:
1) Wash and soak rice for 30 mins. Cut the veg into small pieces.
2) In a microwave safe bowl {without lid}, add all mix ingredients and mix well.
3) Set the auto cook menu
4) Stir in between.

A-06 . Veggi PIZZA **Serves: 2-4**

1 medium pizza base **Total Calories: 1000**

Ingredients For Topping:-

Onion (chopped)	¼ cup
Tomatoes (chopped)	¼ cup
Capsicum (chopped)	¼ cup
Tomato sauce	1 tbsp
Pizza cheese (shredded)	½ cup
Salt & Pepper	To taste

Method:-
1) Place the Pizza base on grill stand & set the auto cook menu.
2) Turn the Pizza upside down while oven beeps
3) Spread tomato sauce on the other side of pizza base.
4) Then spread the vegetable toppings on pizza base.
5) Sprinkle grated pizza cheese at the top of pizza.
6) Place the pizza on the grill stand and start again.

A-07. GRILLED CHICKEN PIECES **Serves: 5-6**
Total Calories: 1100

Ingredients:

Chicken Piece	500 gms
For Marinate	
Garlic-ginger paste	1 tbsp
Garam Masala	1 tbsp
Lemon Juice	1 tbsp
Red chili powder	2 tbsp
Salt	To taste
Red color	Few drops

Method:
1) Wash the chicken piece and make diagonal-incisions all over it.
2) Mix all ingredients of the marinade and add the chicken pieces.
3) Put the pieces in the Microwave safe bowl and set the auto cook menu.
4) Turn the pieces in between when oven beeps.

A-08. GAJAR HALWA **Serves: 5-6**

Ingredients: **Total calories: 2250**

Carrots grated	500 gms
Milk	1 cup
Sugar	10 tbsp
Elachi powder	½ tbsp
Melted ghee	5-6 tbsp
Mava	100 gms
For the garnish:	
Sliced pistachios and cashew nuts	2 tbsp
Varg Sliver	1

Method:
1) In microwave safe bowl, add all mix ingredients and mix well.
2) Set the auto cook menu. Stir in between.
3) Garnish with the sliced pistachios, cashew nuts.

DAILY MENUS –II

A-09 . BOILED POTATO

Ingredients: **Total calories: 128 / 192**

Potato 200/300gms
Water 5 to 6 cup

Method:

1 In a microwave safe bowl {without lid}, and all mix ingredients
2 Set the auto cook menu.

A-10 . STEAM RICE.

Ingredients:

Steam rice 1 cup (200gm) **Total calories: 670**
Water 2 ½ cup
Salt to taste

Method:

1 In a microwave safe bowl {without lid}, add all mix ingredients and mix well.
2 Set the auto cook menu.
• stir in between.

A-11. AUTO DEFROST

1. Auto Defrost settings is based on weight of food to be Defrosted / thawed.
2. Put the food in oven & Set the auto cook menu.

A-12. GRILLED SANDWICH.

Ingredients:

Bread 4 Slices **Total calories: 630**
Butter 2 tbsp
Tomato Sauce 2 tbsp
Onion 1 (chopped}
Tomato 1 {chopped}
Capsicum 1 (chopped}
Cheese 200 gms {grated}
Salt To taste
Black pepper powder to taste

Method:

1 Apply little butter on both the sided of bread.
2 Spread sauce on one side of the bread and Put the vegetables.
3 Sprinkle grated cheese on top and set the auto cook menu.
* Turn the Sandwich after the beep

A-13. TANDOORI FISH.

Ingredients:

Fish 250 /500/ 750 gm **Total calories: 300/ 600/ 900**

For Marinate:

Chat Masala 1 tbsp
Ginger paste 1-2tbsp or to taste
Lemon Juice 2 tbsp
Garlic Paste 1 tbsp
Cooking Oil 2-3 tbsp
Garam Masala 1-2tbsp or to taste
Red chilli powder To taste
Salt To taste

Method:

1 Wash the fish and dry it and give incision all over it.
2 In a bowl mix together all ingredients except oil and keep the fish in it for an hour.
3 Brush the marinated fish with the oil and Put in microwave safe glass flat bowl
4 Set the auto cook menu. Stir in between.
5. Now grill for 8-10 min. till golden on color.

A-14. Fruit Cake

Ingredients **Total Calories : 3600 Cal**

Flour (maida) 120 gms **Serves : 10-12 pcs**
Vanilla essence 1 tsp
Butter 40 gm
Baking powder 1 tsp
Milk maid 130 gms
Milk ¼ Cup
Soda ¼ tsp
Kishmish, walnuts 20 gms
,cherries and fruit (extra)

Method:-

1.Sieve the flour, baking powder and soda in a bowl.

2.Beat butter, Vanilla essence and milkmaid well. Add flour and beat well. Add milk and beat well. Add mix fruit and beat well.

3rease the baking bowl and pour the cake batter into it.

4And set the auto cook menu & after Pre-heating ,put the Cake bowl inside .

A-15. BLACKFOREST CAKE

Ingredients **Total Calories : 3500 Cal**

Flour (Maida)	120 gms	**Serves : 10-12 pcs**
Coco powder	20 gms	
Butter	40 gm	
Baking powder	1 tsp	
Milk maid	130 gms	
Milk	¼ Cup	
Soda	¼ tsp	

Method:-

1. Sieve the flour, coco-powder, baking powder and soda in a bowl.
2. Beat butter and milk maid mix well.
3. Add flour and beat well. Now add milk and beat well.
4. Grease the baking bowl and pour the cake batter into it.
5. And set the auto cook menu & after Pre-heating ,put the bowl inside .

A-16. Chocolate cookies

Ingredients: **Total Calories : 3400 Cal**

Flour (maida)	100 gms	**Serves : 10-12 pcs**
Drinking chocolate powder	2tbsp	
Coco powder	1 tsp	
Butter	50 gms	
Sugar powder	50 gms	
Baking powder	A pinch	
Milk	As required	

Method:-

1. Sieve flour, drinking chocolate powder, coco powder and baking powder in a bowl.
2. Beat butter and sugar until light and fluffy.

3. Mix all the ingredients together and knead soft dough. Roll the dough and cut into cookies with the biscuit cutter.
4. If you don't have the cutter, simply roll out small balls form the dough. Pierce them with help of a fork to make an impression, place biscuits at least 5 cms , apart giving enough spaces for expansion.
5. Grease the microwave safe Glass dish/ Crispy plate and place cookies on it
6. **Set the auto cook menu.** & after Preheating , put Cookies plate inside Oven .

A-17. CUSTARD COOKIES

Ingredients:

Flour (Maida)	100 gms	**Total Calories : 3500 Cal**
Custard Vanilla powder	50 gms	**Serves : 10-12 pcs**
Butter	50 gms	
Sugar powder	50 gms	
Baking powder	A pinch	
Milk	As required	

Method:-

1. Sieve flour, custard vanilla powder and baking powder in a bowl.
2. Beat butter and sugar until light and fluffy.
3. Mix all the ingredients together and knead soft dough. Roll the dough and cut into cookies with the biscuit cutter.
4. If you don't have the cutter, simply roll out small balls form the dough. Pierce them with help of a fork to make an impression, place biscuits at least 5 cms, apart giving enough spaces for expansion.
5. Grease the microwave safe dish and place cookies on it and set the auto cook menu.
6. Set the auto cook menu & after Preheating , put Cookies plate inside Oven .

SOUTH INDIAN DISHES

A-18. TOMATO RICE

Serve : 4
Total Calories: 1060

Ingredients:
1-cup basmati rice (soak for 30 mins)
1 big onion chopped
1tsp roasted (jeera) cumin seed
½ tsp red chilli powder.
½ tsp garam masala powder
5-6 curry leaves
¾ cup tomato puree.
2tbsp oil
2 or 3-cup water as required
2-3 dry red chilli (chopped)
A pinch of (hing) asafetida
Salt to taste

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between

A-19. PUMPKIN SAMBAR

Serve: 4
Total Calories: 560

Ingredients:
½ cup tur dal
1 medium pumpkin chopped
1 brinjal, chopped
1 potato, chopped
1 onion, chopped
2 Drumstick (peeled and cut into 4-5 pieces)
2tbsp tamarind juice
1 tsp chilli powder
¼ tsp turmeric powder
1 ½ tbsp sambhar masala powder
3-4 curry leaves
6-cup water/as required
A pinch of (hing) asafetida.
Salt to taste

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between
3) Serve Hot.

A-20. VEGETABLES WITH COCONUT CURRY

Serve: 4/6
Total Calories: 693 / 1038

Ingredients:
250/ 500 Gms Mix Vegetables (Carrot, Raw Banana, French Beans, Pumpkins
5-6 Curry Leaves
2 tbsp oil
Salt to taste

For Paste:
2 Onion, 1 tomato, 1-cup fresh coconut.1 piece ginger,
3-4 Garlic flakes, 1 tbsp sabut dhania,2-3 whole red chillies
1 tsp garam masala powder.2 ½ cup water.

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between
3) Serve Hot.

A-21. FISH CURRY

Serves: 2 / 4
Total Calories: 360/720

Ingredients:
250 / 500 Gms fish, cut into pieces.
5-6 curry leaves
Salt to taste

For paste:
2 onions, 2tbsp garlic ginger paste, 1 tomato, 2tbsp oil,
1tbsp fish curry powder, 2-3 dry red chillies.

Method:
1) In microwave safe bowl, add paste and fish, curry leaves, salt, water. Mix well and marinate for 1-hour minimum.
2) Set the auto cook menu and stir in between
3) Serve hot with rice.

A-22. TOMATO RASAM

Serves: 4
Total Calories: 200

Ingredients:
5 large tomatoes (cooked & puree)
4tsp tamarind pulp
1tsp red chilli powder
1tsp-roasted jeera
A pinch of heeng
2 tsp oil
5-6 curry leaves
2 dry red chillies
7-cup water
Salt and black pepper to taste.

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between
3) Serve hot with rice.

A-23. HYDERABADI CHICKEN MASALA

Serves: 5-6
Total Calories: 1975

Ingredients:
800 gms Chicken (cut into pieces)
2 tbsp Ghee
For Paste:
2 Onions (Finely Chopped)
2tbsp Ginger – Garlic Paste
2 Green Chilli
1tsp Garam Masala
1tsp Red Chilli Powder
8-10 Blanched almonds
8-10 Cashew nuts (Soaked in water)
1 tbsp Khus Khus (Soaked in water)
1 Cup water

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between
3) Serve hot.

A-24. AVIAL

Serves: 4
Total Calories: 640

Ingredients:
250gm / 1-cup mix vegetables (carrot, French beans, banana, bringals, cauliflower)
Salt, Black pepper to taste
To be ground to a paste
1-cup fresh coconut, 2green chilli, 1onion, 1tsp garlic, 1/2 tbsp ginger
¼ tsp turmeric powder, 1/2tsp garam masala powder, 1tsp dhania powder, 2-cup water as required

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between

MAHARASHTRIAN DISHES

A-25. VEG KOLHAPURI

Serves: 4/8
Total Calories: 600 / 1200

Ingredients:
250-500 gms Veg. (Carrot, couliflower, French beans Green Peas, potatoes, 1/2-cup tomatoes chopped)
1 ½ tsp Garam masala
2 tbsp oil
3 Cup Water as required
1 tbsp coriander chopped
Salt to taste

To paste:
¼ Cup fresh coconut
3 Dry red chillies or green chillies
1 onion
1 tbsp til
5 cloves garlic
1 tbsp khus khus
20 mm ginger

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-26. COCONUT RICE

Serves: 4-6
Total Calories: 1800

Ingredients:
1-Cup Basmati Rice
2-½ Cup Water/Coconut milk
¼ Cup Fresh coconut grated
2-3 Bay leaves
1 onion Chopped
2 Piece cinnamons
2-3 cloves
2 cardamoms
2 tbsp ghee
Salt to taste

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-27. MASALA RICE

Serves: 4-6
Total Calories: 1440

Ingredients:
1-Cup Basmati Rice
¼ Cup Green Peas
½ tsp roasted jeera
A pinch of Hing
5 Cloves,
3 Green Cardamoms
5-6 curry leaves
¼ tsp turmeric powder
1 tbsp Peanuts
4 tbsp Ghee
2-3 tbsp goda masala/Garam Masala
2-½ cup water
Salt to taste

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-28. STUFFED CAPSICUM

Serve: 4 / 6
Total Calories: 760 / 1140

Ingredients:
250 / 500 gm capsicum
Salt to taste
Oil for brushing

For Stuffing
2-3 tomatoes (mashed and boiled)
Cottage cheese (paneer) 100 gm grated
5-6 Cashew nuts
½ tsp Amchoor
½ tsp garam masala
2 tbsp green chilli paste
Black pepper
Red chilli powder to taste
1 tbsp coriander (chopped)

Method:
1) Cut capsicum from the top and remove the seeds.
2) Mix all ingredients for stuffing and mix well.
3) Stuff the mixture into the capsicum.
4) Put the capsicum into microwave safe bowl and set the Auto cook menu.
5) Stir in between.
6) Grill for 5 Mins for browning.
7) Serve Hot.

A-29. SEVIYAN KHEER

Serve: 4
Total Calories: 2000

Ingredients:
50 gm Semiyan, roasted
600 ml Milk
100 gm Sugar
1 tbsp Ghee
1 tbsp dry fruit chopped

Method:
1) In a microwave safe bowl, add all ingredients except sugar and mix well
2) Set the auto cook menu stir in between and add sugar in the last 2 Mins and stir.
3) Serve Hot.

A-30. RICE KHEER

Serve: 4
Total Calories:1400

Ingredients:
50 gm Basmati Rice (soaked for 30 mins)
600 ml Milk
100 gm Sugar
½ tsp cardamom powder
1 tbsp dry fruits chopped

Method:
1) In a microwave safe bowl, add all ingredients except sugar and mix well
2) Set the auto cook menu. Stir in between and add sugar in the last 2 Mins and stir.
3) Serve Hot.

A-31. UPMA

Serve: 4
Total Calories: 1160

Ingredients:
1 Cup Suji (roasted)
For Garnish
½ Onion (chopped and oil fried)
1 tbsp Fresh Coconut grated
1 tomato chopped
1 tbsp coriander leaves
2 tbsp oil
5-6 Curry Leaves
1 tbsp boiled peas
1 tbsp roasted peanuts
2-½ Cup water as required
2 tbsp green chillies paste
A pinch of hing, Sugar, Salt to taste

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) set the auto cook menu stir in between.
3) Serve Hot.

NORTH INDIAN DISHES

A-32. KHOYA MATAR

Serve: 4-5
Total Calories: 1420

Ingredients:
200 gm Khoya
50 gm peas
4 tbsp oil
¾ cup tomato puree
1 tsp red chilli powder
1 tsp jeera powder
1 tsp garam masala powder
7-8 Cashew nuts (chopped)
Salt to taste

For paste
2 onions, 2 dry red chillies, 1/2 piece ginger

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-33. MUTTON KORMA

Serves: 8
Total Calories: 2120

Ingredients:
500 gm Mutton (cut into cubes)
½ cup onion and garlic paste
2 tbsp Ginger paste
2 tbsp Ghee/Oil
2 tsp Meat Masala
4 tbsp Curd
1 tbsp Honey
4 tbsp tomato puree
1 Cup water as required
3 tbsp boiled matar
1 tbsp cashew nuts
Salt, Pepper to taste

Method:
1) In a microwave safe bowl (with lid), add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-34. VEG MAKHANWALA

Serves: 4 / 6
Total Calories: 880 / 1320

Ingredients:
250 / 500 gms Vegetable (Carrots, Peas, Beans Cauliflower, Paneer)
¼ tsp Turmeric Powder
½ tsp Jeera powder
1 tsp Garam Masal
1 tsp Kasuri Methi
2 tsp Sugar
4 tbsp Butter
1 tsp Chilli powder
Salt to taste
1 ½ -2 Cup Water as required

For Paste
1 onion,3 tomatoes, 1tsp Ginger
1 tsp Garlic, 2Dry Chilli,
4 tbsp Cashew nut
2 tbsp Khus khus

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-35. PANEER MAKHANI

Serves: 4
Total Calories:1600

Ingredients:
250 gm Paneer
4 tbsp Butter
2 Bay leaf
1 tbsp Honey
1 tbsp Kasuri Methi
4-5 tbsp cream
Salt to taste
½ tsp red chilli powder
½ tsp Garam Masala

For Paste
4 Tomato.2Onion, 2-3 Green Chilli,1tbsp Garlic
1 tbsp Ginger, 1tsp Dhania Jeera,
4 tbsp Kaju (soak), 1/2 Cup Water

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-36. NAVRATNA KORMA

Serves: 4
Total Calories: 1820

Ingredients:
250 Gms vegetables (Peas, cauliflower, Beans, Potato)
½ tsp Garam Masala powder
½ tsp red chilli powder
Salt, Black Pepper to taste.
2 tbsp Ghee/Butter
1 Cup Khoya (mashed)
2 tbsp onion , chilli paste
1 tsp Garlic paste
1-cup tomato puree
4 tbsp cashew nut paste
1 ¼ Cup water

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot with Naan/Parathas

A-37. PANEER MASALA

Serves: 4 /5
Total Calories: 1700

Ingredients:
250 gm Paneer
2 tsp Kasuri Methi
1 tsp Red chilli powder
¼ tsp Turmeric Powder
Pepper, Salt to taste
2 tbsp tomato puree

For Paste
1-½ Cup Cashew nuts, ½ Cup Fry Onion,
2-3 Dry Kasmiri Red Chillis, 1-Cup Water

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-38. SWEET KESARI RICE

Serves: 4
Total Calories: 1240

Ingredients:
1-Cup Basmati Rice
3 Cup Water (as required)
¾ cup Sugar
1tbsp Ghee
1tbsp Kishmish
1tbsp almonds
½ tsp Cardamoms Powder
A pinch of saffron and yellow colour.

Method:
1) In a microwave safe bowl add all ingredients except sugar and mix well.
2) Set the auto cook menu stir in between.
3) Add sugar in the last 3 Mins and stir.
4) Serve Hot.

GUJARATI DISHES

A-39. MAKAI NI KHICHDI

Serves: 2
Total Calories: 440

Ingredient:
250 Gms fresh corn (grated)
½ tsp roasted jeera
¼ tsp heeng
1 tbsp green chilli paste
1 tsp sugar
Juice of ½ lemon
2 tbsp oil
1 ½ cup of water
1 tbsp coriander (chopped)
Salt, Black pepper to taste.

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve hot.

A-40. GUJRATI KADHI

Serves: 4
Total Calories: 300

Ingredient:
1-cup curd (beaten)
2-3 tbsp flour gram (besan)
1 tsp jaggery/sugar
½ tsp ginger paste
½ tsp green chilli paste
1 tsp red chilli powder
1 tbsp ghee
¼ tsp turmeric powder
½ tsp jeera powder
1 tbsp coriander (chopped)
2 whole red chilli (chopped)
2-cup water
Salt to taste

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve hot with khichdi.

A-41. KHANDVI

Serves: 4
Total Calories: 784

Ingredients
1-Cup Gram flour
1-Cup Yogurt
1½-Cup Water
1tsp asafetida powder
1stp turmeric powder
1tsp Salt
1tsp Ginger Chilli Paste

Tempering
1tsp asafetida
1tsp Curry leaves
2tsp Olive oil
1tsp Red Chilli Powder
1tsp turmeric powder
1tsp Mustard seeds

Method:
1) Whisk all the ingredients together and pour it into a Microwave safe Plastic bowl
2) Set Auto Cook Menu and Stir in between
3) Pour it into a tray and let cool a bit. This should take about 5 Mins. When it is done cooling, roll into one big roll and then cut into smaller pieces
4) Serve with tampering poured over the pieces.

Method for Tampering:
Heat the oil in a small frying pan, add the asafoetida and as they began to crackle,add the curry leaves, followed by the remaining ingredients. Fry for just a few seconds, add about ¼cup of water and Cook in Micro 100% for about 2 Mins. Pour over the ready to Serve Khandvi.

A-42. RAWA DHOKLA

Serves: 12
Total Calories: 828

Ingredients:
1 Cup Roasted Semolina
1-Cup Curd
1tsp Eno
½Cup Coriander leaves
1tsp Ginger-Garlic Paste
¾ cup water
½tsp Salt as per requirement

Method:
1) Mix all the above ingredients and make a thick batter as in Idli consistency (Soak for 15-20 Mins)
2) Put Eno Just before you put the mixture in the plate and not too early
3) Grease a flat bottomed Micro wave Safe bowl (with lid) and pour the batter on to it and cover it with lid.
4) Set Auto Cook Menu.
5) Take out and cut into square cubes like dhokla.

BENGALI DISHES

A-43. MUSTARD CHICKEN

Serves: 4 / 6
Total Calories: 300/450

Ingredients:
250 / 500 gm Chicken (cut into pieces)

For marinade:
2 tbsp lemon juice
2 tbsp Mustard Paste
2 tbsp ginger garlic paste
Red Chilli powder to taste
1 tbsp chicken masala powder
½ tsp garam masala powder
Salt, Pepper to taste
Red colour few drops

Method:
1) Wash the chicken pieces and make diagonal incisions all over it.

2) Mix all ingredients for the marinade add the chicken pieces and refrigerate for 1 hour.
3) Put the chicken pieces into the microwave safe bowl (Covered) and set the auto cook menu.
4) Stir in between
5) Now brush with oil and grill for 5-6 minutes stir in between.

A-44. PRAWN MALAI CURRY

Serves: 4 / 6
Total Calories: 800 / 1200

Ingredients:
250 / 500 Gms Prawn
Salt to taste
For curry paste
2 tbsp mustard sauce,
½ cup of curd beaten
1-cup water/coconut milk
2 tbsp oil
1 tsp red chilli powder
1-2 dry red chilli (soak) and paste.

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot with rice.

A-45. BHAPA MACH

Serves: 4 / 5
Total Calories: 600 / 750

Ingredients:
250 / 500 gm fish (hilsa fish)
1 tbsp lemon juice
¼ tsp turmeric powder
2 tbsp oil
1-cup water
For paste
1 onion, 2-3 dry red chilli,
3tbsp mustard paste
Salt to taste

Method:
1) In a microwave safe bowl, add all ingredients and mix well and marinate for one hour.
2) Set the auto cook menu stir in between.
3) Serve Hot

A-46. CHHOLAR DAL

Serves: 4
Total Calories: 1160

Ingredients:
1 Cup Chana dal (soak for 6-7 hours)
3 Cup water as required
2 tbsp oil
1 tsp amchoor
¼ tsp turmeric powder
1 tsp sugar
½ cup grated coconut
2 bay leaves
A pinch heeng, Salt to taste

For Paste:
1 tbsp coriander leaves (Chopped)
1 tsp roasted jeera
1 inch Ginger
2 Dry red chillies
½ onion (Chopped)

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot with rice.

A-47. PUDINA FISH

Serves: 4 / 6
Total Calories: 400/600

Ingredients:
250 / 500 Gms Fish (whole)
2-3 tbsp pudina chutney
2 tsp green chilli paste
2 tbsp ginger garlic paste
1 tbsp vinegar
2 tbsp lemon juice
2 tsp oil
1 cup water (as required)
Salt, Pepper to taste

Method:
1) In a microwave safe bowl, add all ingredients and mix well and marinate for 1 hour.
2) Set the auto cook menu stir in between.
3) Serve Hot

A-48. SHUKTO

Serves: 4
Total Calories: 600

Ingredients:
250 gm Veg (Banana raw, carrot, brinjal, potato, karela)
For Paste
2 tsp Mustard sauce
2 tbsp Khus paste
2 tbsp Methi dana soaked paste
2 tbsp oil
2 Green chillis
Salt, Red chilli powder to taste
1 ½ cup water.

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Serve Hot

A-49. TOMATO CHUTNEY

Serves: 6
Total Calories: 480

Ingredients:
250 Gms tomato
1 tsp green chilli paste
2 tbsp mustard oil
1 tbsp Vinegar
1 tbsp Raisins
1 tsp ginger paste
½ tsp Kalonji roasted
¼ tsp cumin seeds roasted
½ tsp mustard seeds roasted
¼ tsp saunth roasted
¼ tsp fenugreek roasted
Salt Pepper to taste
¼ cup water as required

Method:
1) In a microwave safe bowl, add all ingredients and mix well
2) Set the auto cook menu stir in between.
3) Cool and store in an airtight container.

INTERNATIONAL RECIPES

A-50. THAI RED CURRY

Serves: 4
Total Calories: 400

Ingredients:
250 gm Mix vegetable (6-7 baby corn, mushroom, broccoli, French beans)
2tsp oil,
1tbsp soya sauce
1tbsp vinegar
1 tbsp sugar
2-½ cup water as required
Salt, Pepper to taste.

For red curry paste.
5-6 red Kashmiri chillies (soaked in ¼ cup water)
1 onion, 7-8 garlic flakes, 2-3 lemon grass
1tbsp dhania, jeera, 1/2 tsp garam masala

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-51. THAI GREEN CURRY

Serves: 4
Total Calories: 640

Ingredients:
250 gm Veg (Mushroom, cauliflower, capsicum, baby corn Paneer)
2tbsp sugar
2tbsp oil
Salt, Pepper to taste
2-½ cup water as required

For green curry
8-10 Green Chillies, 6 cloves, garlic, 1 onion
1tsp Ginger, 1 cup coriander, 1/2 lemon juice,
2tbsp jeera, 2-3 stalks lemon grass.

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-52. THAI CAULIFLOWER CURRY

Serves: 2 / 4
Total Calories: 336 / 672

Ingredients:
250 / 500gm cauliflowers
3tbsp oil
1tbsp soya sauce
1tbsp sugar
2-½ cup water (as required)
Salt, pepper to taste.

For red curry paste
5-6 red Kashmiri chillies, 1 onion,
7-8 Garlic Flakes, 2-3 lemon grass,
1 tsp dhania, Jeera, ½ tsp garam masala

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-53. THAI FISH CURRY

Serves: 4 / 6
Total Calories: 1000 / 1230

Ingredients:
250 / 500 gm
2 tbsp oil,
Salt, Pepper to taste.

For Paste:
2-3 Dry red chillies (soak)
1 onion, 1 tsp mustard sauce, 1tsp soya sauce
2 tsp tamarind paste, 2-3 garlic flakes,
2-3 stalks lemon grass, sugar,
1-cup water as required.

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-54. MEXICAN RICE

Serves: 4
Total Calories: 1060

Ingredients:
1-Cup Rice
2 ½ Cup Water (as required)
2 onion (chopped)
1 Capsicum (chopped)
2 Tomatoes (Chopped)
2 tbsp oil
1 tsp chili powder
1 tsp garlic paste
½ tsp Soya sauce
Salt, Pepper to taste

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-55. MEXICAN HOT CHOCOLATE

Serves: 4
Total Calories: 600

Ingredients:
½ cup Chocolate pieces
½ cup water
1tbsp instant coffee
2tbsp vanilla custard powder/flavour
2-½ cups milk
4 tbsp sugar to taste
¼ tsp cinnamon powder.

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

A-56. NACHOS

Serves: 4
Total Calories: 1200

Ingredients:
7-8 Corn Chips
200 gm Cheese (grated)

For the Salsa Sauce:
2 Large Tomatoes (Chopped)
1 Onion (Chopped)
2 tsp Garlic paste
1 Medium Capsicum (Chopped)
¼ tsp Oregano dry
2tbsp Sweet chilli sauce
Salt, Pepper (to taste)

Method:
1) Mix all ingredient for the salsa sauce and arrange the corn chips on a microwave safe dish top it up with the salsa sauce and grated cheese
2) Set the auto cook menu, till cheese melts.
3) Serve immediately, otherwise the corn chips will turn soggy.

A-57. MEXICAN SPICY CORN

Serves: 2
Total Calories: 640

Ingredients:
½ cup corn boiled
½ cup capsicum (chopped)
½ cup onion (chopped)
1-2 Green chillies (chopped)
½ tsp chilli powder.
1 tsp tomato ketchup
1 tbsp oil
¼ tsp oregano
1tbsp tomato chopped
2tbsp water, 1tbsp coriander (chopped)
Salt, pepper to taste

Method:
1) In a microwave safe bowl add all ingredient and mix well.
2) Set the auto cook menu stir in between.
3) Serve Hot.

DESSERTS

A-58. APPLE PUDDING

Serves: 4
Total Calories: 904

Ingredient:
1Big Apple (Peel & chopped).
3 Cups Milk (600ml)
110gms sugar
½ tsp cardamom powder
1 tsp milk masala powder
3 tbsp custard powder
1 tbsp mix dry fruit

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between.
3) When cool, set into the refrigerator & serve cool.

A-59. FRUIT CUSTARD PUDDING:

Serves: 4
Total Calories: 780

Ingredients:
500ml Milk
100 Gms Sugar
3tbsp Custard Powder (50gm).
1Cup Fruit (according to taste)

Method:
1) In a Microwave safe bowl, add mix all ingredients (except fruit) and mix well.
2) Set auto cook menu & stir in between.
3) When it gets cool, add fruits & set in refrigerator.
4) Serve chilled.

A-60. PHIRNI

Serves: 4
Total Calories: 900

Ingredients:
50 gm Rice (soak and form paste).
600 ml milk
100gm sugar or to taste
½ tsp cardamom powder.
2 tbsp dry fruit chopped
A pinch of saffron

Method:
1) In microwave safe bowl (without lid), add all ingredient (except sugar) & mix well.
2) Set the auto cook menu and stir in between
3) Add Sugar in the last 2 Mins
4) Serve hot & chilled.

A-61. FRUIT PUNCH

Serves: 4
Total Calories: 300

Ingredients:
1 Pineapple (Peeled and chopped)
2 Big orange. (Peeled and chopped)
2 Big Mosambies (Peeled and chopped)
2 tbsp lemon juice
Sugar and black salt to taste

Method:
1) Mix all the fruit in a juicer and out juice, add sugar and black salt &Mix well.
2) In a micro safe bowl (without lid) add fruit juice and set the auto cook menu and stir in between.
3) When it cool set in a refrigerator.
4) While serving add ice.

A-62. PAYASAM

Serves: 4
Total Calories: 1100

Ingredients:
3 cups coconut milk/600 ml milk
50 gm basmati rice (soak and from paste)
½ cup fresh cream
1-cup jaggary (crushed gur)

Method:
1) In microwave safe bowl (without lid), add all ingredient (except sugar) & mix well.
2) Set the auto cook menu and stir in between
3) Add Sugar in the last 2 Mins
4) Sprinkle grated coconut on it and serve hot and cold.

A-63. MIX FRUIT PUDDING

Serves: 4
Total Calories: 700

Ingredients:
½ cup mix fruit (Apple, Chickoo, Banana, Pomegranate)
2 cups milk.
4-5 tbsp sugar.
2 tbsp custard powder.
1 tsp milk masala powder
1 tbsp mix dry fruit

Method:
1) In microwave safe bowl (without lid), add all ingredient & mix well.
2) Set the auto cook menu and stir in between
3) When cool, set into the refrigerator & serve cool.

A-64. ORANGE KHEER

Serves: 4
Total Calories: 940

Ingredients:
50gms basmati rice (soak for 20 mins.)
25gms khoya
600 ml milk
110 Gms sugar
½ tsp of cardamom powder
A pinch of saffron

A pinch of edible orange colour
2 tbsp dry fruit chopped.

Method:
1) In microwave safe bowl (without lid),
add all ingredient (except sugar) & mix well.
2) Set the auto cook menu and stir in between
3) Add Sugar in the last 2 Mins
4) Serve hot & chilled.

A-65. BASUNDI

Serves: 4
Total Calories: 740

Ingredients:
3-Cup Milk (600 ml.)
110 Gm Sugar or to taste
1tsp Milk Masala Powder
1tbsp Mix Dry Fruit (Chopped)

Method:
1) In a microwave safe big bowl (without lid) mix all ingredients &mix well
2) Set the auto cook menu.
3) Stir in between.

A-66. STEAM CLEAN

1. In a Microwave safe Flat bowl , Fill 200ml of water .
2. Add Vinegar /Lemon juice in water
3. Place in oven & set the Auto Cook Menu .
4.When over , swipe with soft & clean napkin .

NOTE :

A) Nutritional details are an estimate and should only be used as a guide for approximation.

SPECIFICATIONS

Power Consumption : 230V~50Hz, 1300 W (Microwave)
1200 W (Convection)
1200 W (Grill)

Rated Microwave Power Output : 800 W

Model No. :

Power Supply	Market	Model Code
1 P.H.,230V~50Hz	INDIA	MO 23 CSS 11S
1 P.H.,230V~50Hz	EXPORT	MO 23 CSS 11S X1
1 P.H.,220V~60Hz	EXPORT	MO 23 CSS 11S X2

Operation Frequency : 2450 MHz

Packaging Dimensions : 536mm (L) X 436mm (W) X 333mm (H)

Unit Dimensions : 486mm (L) X 405mm (W) X 292mm (H)

Oven Capacity : 23 Litres

Cooking Uniformity : Turntable System { Dia.270 mm}

Net Weight : Approx. 14.5 Kg.

Gross Weight : Approx. 15.7 kg.

MAINTENANCE : Trouble Shooting

Trouble shooting

Normal	
Microwave oven interfering TV reception	Radio and TV reception may be interfered when microwave oven operating. It is similar to the interference of small electrical appliances, like mixer, vacuum cleaner, and electric fan. It is normal.
Dim oven light	In low power microwave cooking, oven light may become dim. It is normal.
Steam accumulating on door, hot air out of vents	In cooking, steam may come out of food. Most will get out from vents. But some may accumulate on cool place like oven door. It is normal.
Oven started accidentally with no food in.	It is forbidden to run the oven without any food inside. It is very dangerous.

Trouble	Possible Cause	Remedy
Oven can not be started.	(1) Power cord not plugged in tightly.	Unplug. Then plug again after 10 seconds.
	(2) Fuse blowing or circuit breaker works.	Replace fuse or reset circuit breaker (repaired by professional personnel of our company)
	(3) Trouble with outlet.	Test outlet with other electrical appliances.
Oven does not heat.	(4) Door not closed well.	Close door well.
Glass turntable makes noise when microwave oven operates	(5) Dirty roller rest and oven bottom.	Refer to Cleaning & Care to clean dirty parts.

WARRANTY TERMS AND CONDITIONS

M/S. **MIRC ELECTRONICS LTD**, WARRANTS THIS ONIDA MICROWAVE OVEN TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIALS AND WORKMANSHIP WITHIN ONE YEAR FROM THE DATE OF PURCHASE AS PROVIDED IN THE WARRANTY REGISTRATION CARD.

This warranty is subject to terms and conditions as mentioned below:

1. This warranty shall be valid only for the said period of 12 months as specified above, irrespective of whether the said unit has been in use or not for any reason whatsoever, or the unit is moved from one location to another. Warranty does not cover accessories external to the equipment.
2. The warranty period specified above shall include time taken for repairs, replacements, break-downs, transit time etc. No notice of expiry period of warranty will be given by t h e company.
3. This warranty shall stand automatically terminated in the event of the said unit being serviced, repaired, installed, de-installed, re-installed or otherwise attended to by any person or organization or agency or by the said purchaser himself other than the authorized representative of the company.
4. Parts of the unit replaced or repaired under the terms of this warranty are warranted only for the remaining period of the original warranty period.
5. For attending any service call under this warranty beyond the municipal limits of the locality in which the authorized representative/dealer is situated (outstation locations), all to and fro travelling and other incidental expenses as prevailing from time to time incurred in connection with the visit of the service personnel, technicians, etc shall be borne by the said purchaser and shall be payable in advance. Additionally, all expenses incurred by the authorized representative /dealer in collecting the said unit or any part thereof from such outstation locations and its return to the original location shall be borne by the said purchaser.
6. In the event of any change in the location of the unit during the warranty period, this warranty shall become null and void unless the fact of the proposed change is communicated in writing to the authorized dealer at least seven (7) days prior to the said change. On receipt of such information the authorized dealer or any of its counterparts shall arrange for de-installation of the said unit on chargeable basis. However, in the event of any damage occuring to the unit or to any of its parts during the course of its transit by the said purchaser, repair or replacement, the said unit or any part thereof damaged shall not be covered by this warranty.

7. It shall be the absolute discretion of the company to a) effect the repairs or replacement of parts whether at the site of installation or at any service centre, and b) have the job attended to either by the Company's service personnel or its authorised dealer.
8. This warranty is in the nature of and for the purpose of set forth herein above and in particular the Company shall not in any event be liable for direct, indirect, incidental or consequential loss or damages to either the said purchaser and /or his property or any other third party.
9. The purchaser should preserve the original invoice for necessary verification and produce, as and when required.
10. Warranty null and void if:

    i.The Microwave Oven is not purchased from the authorized dealers of the company.

    ii.The Service Centre copy of warranty card is not received within 10days of date of purchase at the nearest Authorised Service Centre.

    iii.Any damage is caused by accident, mishandling, tampering with installation, or negligence in following instructions of the user manual issued by Company.

    iv.Any damage is caused by improper electrical circuit outside the unit or by any defective electrical supply

    v.At any time, during the warranty period if any part of the unit is tampered with, altered, repaired or serviced by any unauthorized person, not being the authorized representative of the company or its authorized dealers

    vi.The serial number of the unit or any part thereof is damaged , defaced, altered,obliterated, or tampered with or removal for any reason whatsoever

    vii.Do not install oven over a range cooktop or other heat-producing appliance. If installed could be damaged and the warranty would be void.
11. None of the employees and /or Authorized Dealers of the Company have any authority whatsoever to vary the terms and conditions of this warranty.
12. This warranty shall be deemed to have been issued at Mumbai, state of Maharashtra & courts at Mumbai shall have exclusive jurisdiction on matters covered by or following from this warranty, and the original purchaser alone shall have cause of action arising out of the transaction.

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions, this is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly & any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the microwave oven and possibly result in a hazardous situation.
12. Please do not dispose this appliance into the domestic rubber bin; it should be disposed to the particular disposal center provided by the Municipal authorities.

Serial No.

Customer Copy

ONIDA

MIRC Electronics Limited
Warranty Registration Card

Customer Details

Title: Mr ☐ Ms ☐ Mrs ☐ M/s ☐

Name:

Residence Address:

Dist: Pin:

State: Occupation:

Tel:(____) Code Res: (____) Code Fax:

Mobile No: Email:

Product Details

Please Tick The Appropriate Product Colour TV ☐ B&W TV ☐ DVD ☐ Washing M/C. ☐ AC ☐ Plasma TV ☐ Rear Projection TV ☐ Microwave Oven ☐ LCD TV ☐

Model No:

Serial No

Please Refer Sticker On Back Cover Of Your Product

Purchase Date Day Month Year

Bill No.

Dealer's Name & Address

Signature

I Accept The Terms And Conditions of The Warranty Customer Signature

Thank you for selecting a World Class product and we assure you that it will perform as per your expectations

We thank you for taking your time to complete this form. All Information Provided by You will be Kept Confidential.
(Please Fill In, Tear off, Fold and Mail this form to Reach us within 10 days of the Product Purchase.)

We welcome your Valuable Suggestions, if any, to Improve our Products and Services :

FOR OFFICE USE ONLY

Customer Code:

Branch:

Mirc Electronics Ltd.

Note: Company Will Not Be Responsible For The Loss Of This Form During Transit.

For Other Details on Our Products & Services Log On To www.onida.com

Fold - 3

Tear it, Fold it, Send it to Adonis

Serial No.

Service Centre Copy

ONIDA

MIRC Electronics Limited
Warranty Registration Card

Customer Details

Title: Mr ☐ Ms ☐ Mrs ☐ M/s ☐

Name:

Residence Address:

Dist: Pin:

State: Occupation:

Tel:(____) Code Res: (____) Code Fax:

Mobile No: Email:

Fold - 2

Product Details

Please Tick The Appropriate Product Colour TV ☐ B&W TV ☐ DVD ☐ Washing M/C. ☐ AC ☐ Plasma TV ☐ Rear Projection TV ☐ Microwave Oven ☐ LCD TV ☐

Model No:

Serial No

Please Refer Sticker On Back Cover Of Your Product

Purchase Date Day Month Year

Bill No.

Dealer's Name & Address

Signature

I Accept The Terms And Conditions of The Warranty Customer Signature

Fold - 1

Thank you for selecting a World Class product and we assure you that it will perform as per your expectations

We thank you for taking your time to complete this form. All Information Provided by You will be Kept Confidential.
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BUSINESS REPLY ENVELOPE

ONIDA

ADONIS ELECTRONICS P.LTD.
Onida Customer Relation Centre
Onida House II, Mahal Indl.Est.,Nr.Paper Box,
Off.Mahakali Caves Rd., Andheri (E),
Mumbai 400093. Maharashtra
INDIA.

List of Service Centre nos. In India

State	Service Number
Andhra Pradesh	040-39889000
Delhi	011-39889000
GOA	022-39889000
Gujarat	079-39889000
Haryana	0172-3988900
Karnataka	080-39889000
Kerala	0484-3988900
Madhya Pradesh	0731-3988900
Maharashtra	022-39889000
Punjab	0172-3988900
Rajesthan	0141-3988900
Tamilnadu	044-39889000
Uttar Pradesh	0522-3988900
W Bengal	033-39889000
Bihar	1800 30099000
Chattisgarh	1800 30099000
Himachal Pradesh	1800 30099000
Jharkhand	1800 30099000
Orrisa	1800 30099000
Uttaranchal	1800 30099000
Assam-Guwahati	0361-2413138 / 2413158
Assam-Jorhat	0376-2309008
Jammu & Kashmir- Jammu	0191-2562258

Overseas-Middle East Asia

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